

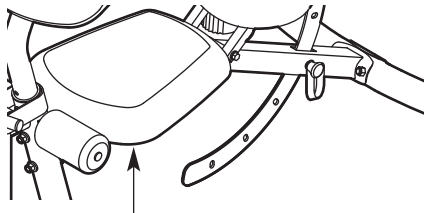
GOLD'S GYM®

POWER SERIES GB 1500

Model No. GGBE19640

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (under seat)

USER'S MANUAL

QUESTIONS?

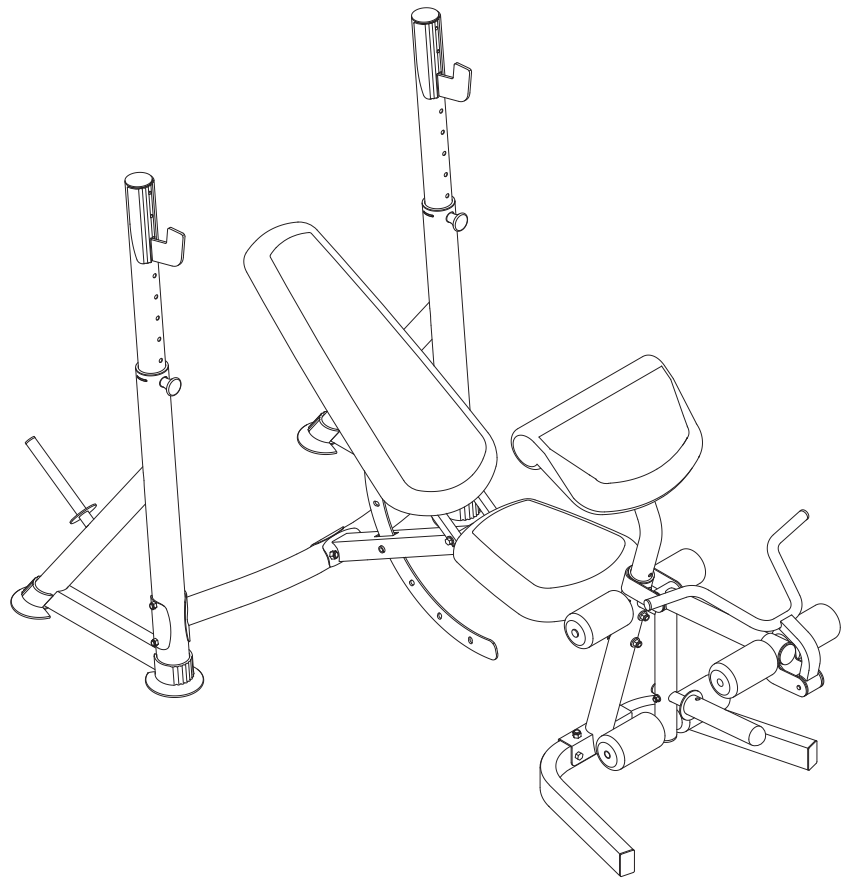
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-877-776-4777

Mon.–Fri., 6 a.m.–6 p.m. MST



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

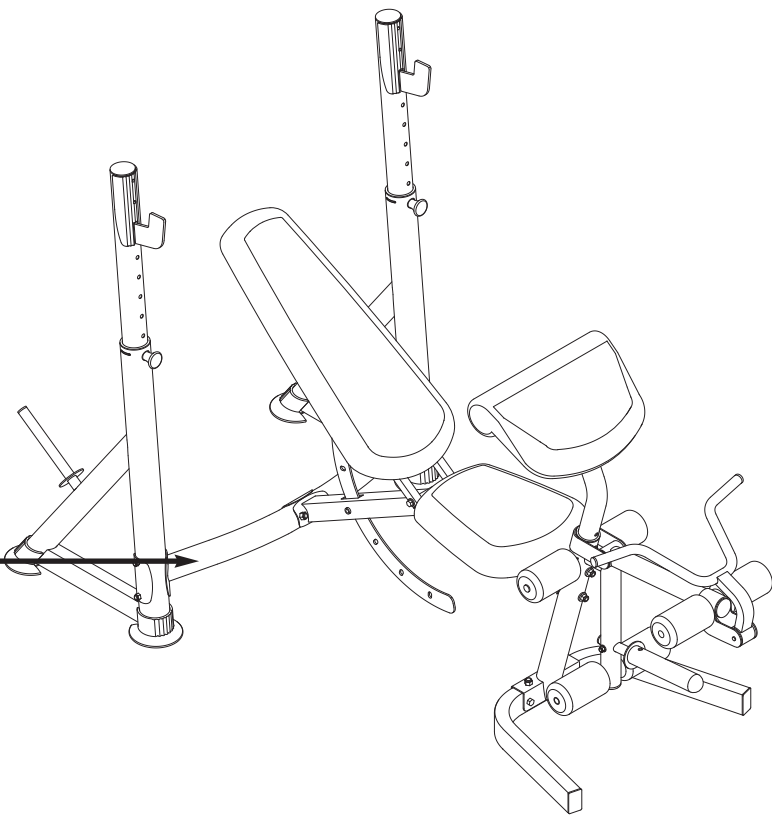
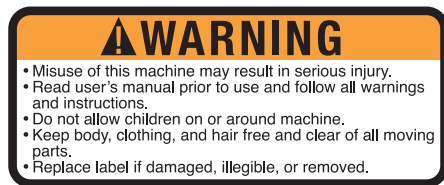
TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
ADJUSTMENTS	10
EXERCISE GUIDELINES	12
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight bench. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-877-776-4777, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, and order a free replacement decal. Apply the decal in the location shown.



GOLD'S GYM is a registered trademark of Gold's Gym International, Inc. This product is manufactured and distributed under license from Gold's Gym International, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Keep the weight bench indoors, away from moisture and dust. Do not put the weight bench in a garage or covered patio, or near water.
5. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.
8. Always make sure that the pins and knobs are fully engaged before the weight bench is used.
9. Always wear athletic shoes for foot protection while exercising.
10. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 510 pounds. Do not place more than 210 pounds, including the barbell, on the weight rests. Do not place more than 130 pounds on the leg lever. Note: The weight bench does not include a barbell or weights.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

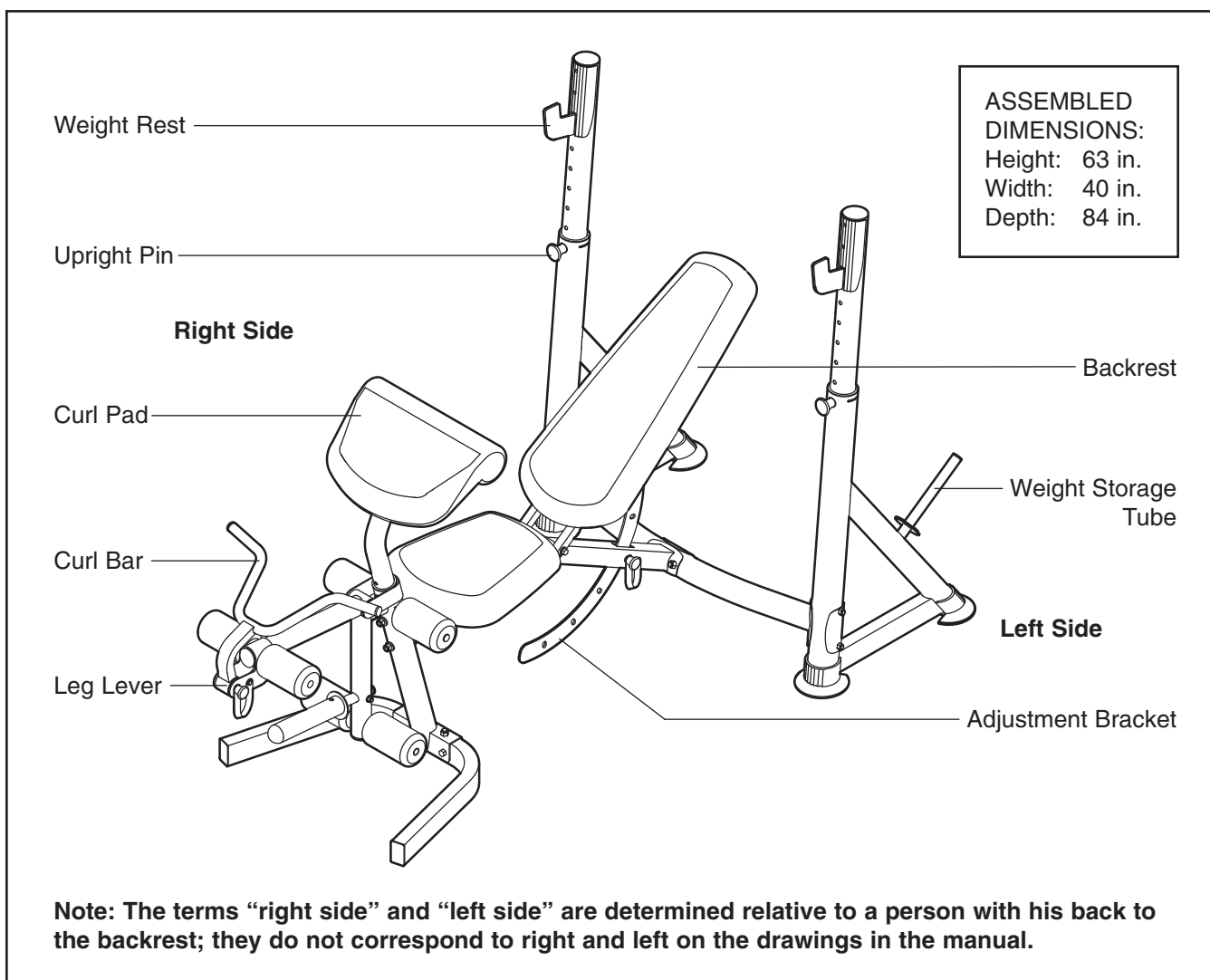
BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® POWER SERIES GB 1500 weight bench. The weight bench offers a selection of exercise stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after

reading this manual, please call our Customer Service Department toll-free at 1-877-776-4777, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is GGBE19640. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Make Things Easier for Yourself





Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

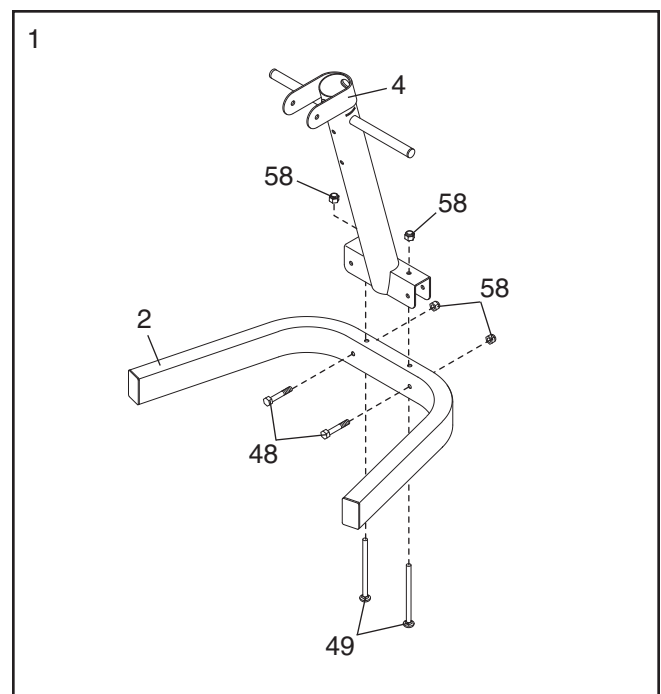
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART.

The included hex key  and the following tools (not included) are required for assembly:

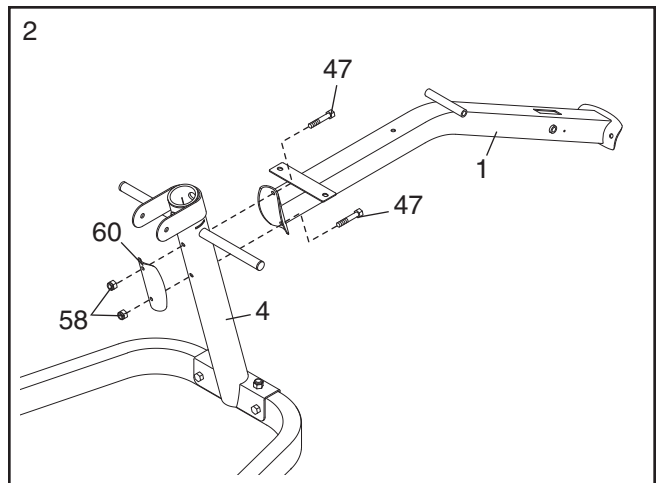
- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Attach the Front Leg (4) to the Base (2) with two M8 x 55mm Button Bolts (48), two M8 x 72mm Carriage Bolts (49), and four M8 Nylon Locknuts (58). **Do not tighten the Locknuts yet.**



- Attach the Bench Frame (1) to the Front Leg (4) with two M8 x 81mm Button Bolts (47), a Support Plate (60), and two M8 Nylon Locknuts (58). **Do not tighten the Locknuts yet.**

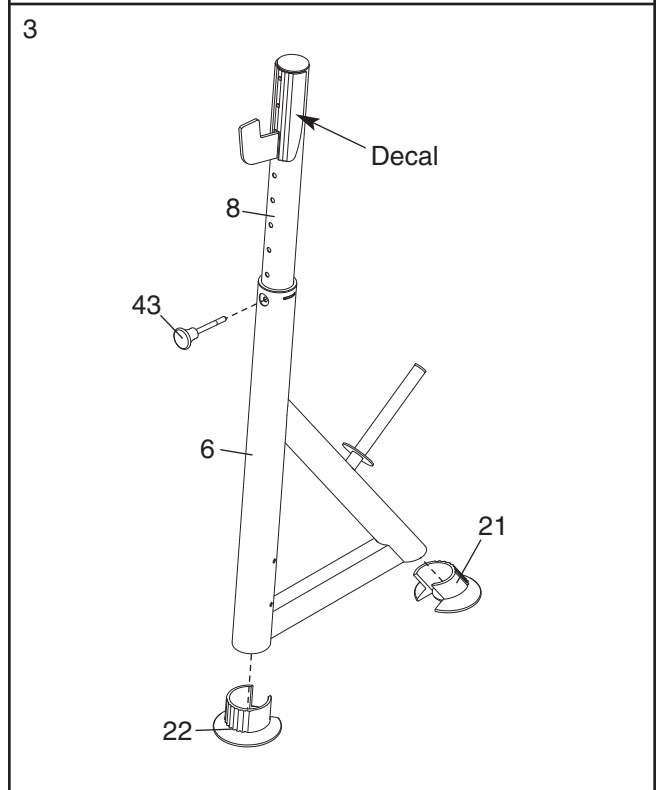


- Press a Rear Base Cap (21) and a Front Base Cap (22) onto the Left Upright (6) as shown.

Remove the Upright Pin (43) from the Left Upright (6). Rotate the Weight Rest (8) to the position shown. Fully tighten the Upright Pin into the Upright and the Weight Rest.

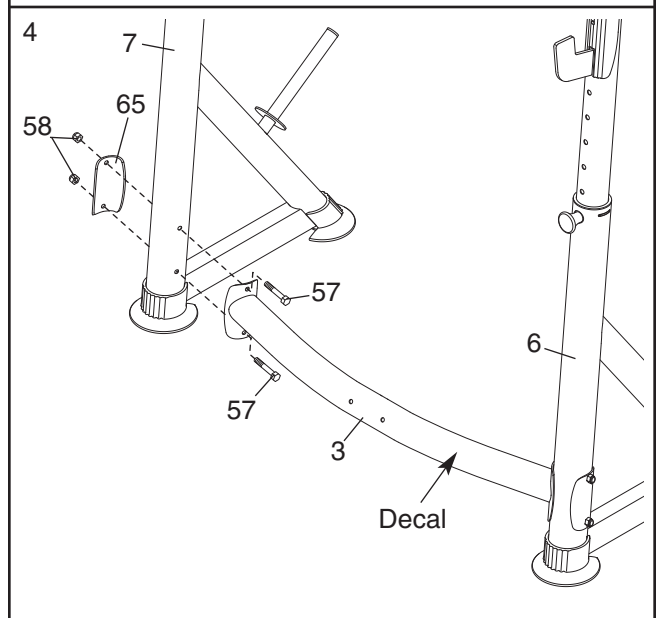
Repeat this step with the Right Upright (not shown). Make sure both Weight Rests (8) are set to the same height.

Note the position of the decal to identify the Left Upright (6).



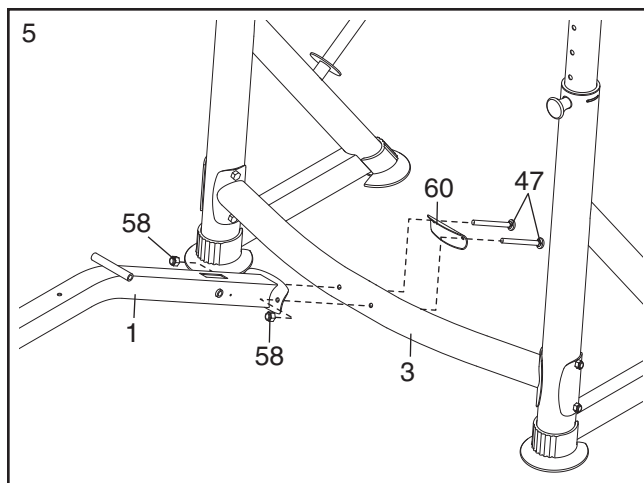
- Orient the Crossbar (3) so the "GB 1500" decal is in the position shown. Attach the Crossbar to the Right Upright (7) with two M8 x 92mm Button Bolts (57), a Long Support Plate (65), and two M8 Nylon Locknuts (58). **Do not tighten the Locknuts yet.**

Repeat this step with the Left Upright (6).

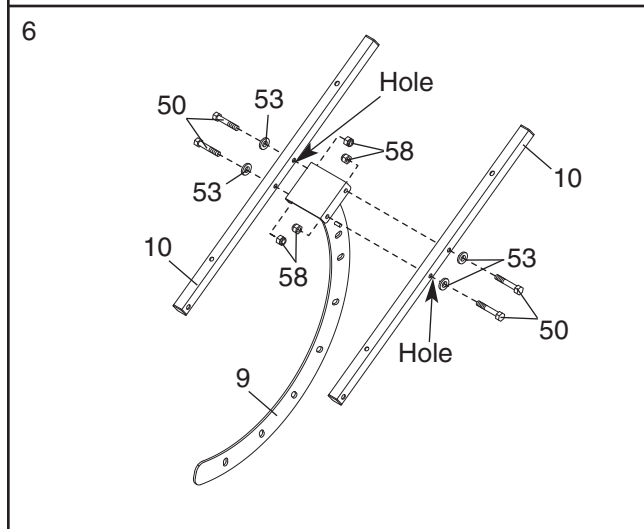


- Attach the Bench Frame (1) to the Crossbar (3) with two M8 x 81mm Button Bolts (47), a Support Plate (60), and two M8 Nylon Locknuts (58).

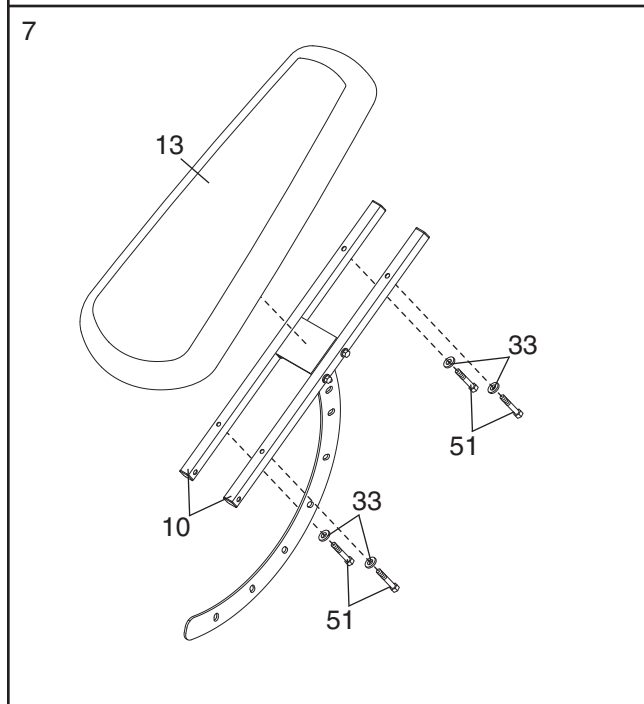
Tighten the M8 Nylon Locknuts (58) used in steps 1–5. Do not overtighten the Locknuts used in step 4; overtightening may make it difficult to raise and lower the Weight Rests (not shown).



- Orient the two Backrest Frames (10) as shown. **Make sure the indicated holes are closer to the bottom.** Attach the Backrest Frames to the Adjustment Bracket (9) with four M8 x 42mm Button Bolts (50), four M8 Washers (53), and four M8 Nylon Locknuts (58). **Do not tighten the Locknuts yet.**



- Attach the Backrest (13) to the Backrest Frames (10) with four M6 x 38mm Screws (51) and four M6 Washers (33). **Do not tighten the Screws yet.**



- Slide the Adjustment Bracket (9) through the Bench Frame (1) as shown.

Lubricate an M10 x 168mm Button Bolt (52) with the included grease. Attach the Backrest Frames (10) to the Bench Frame (1) with the Bolt, two M10 Washers (19), and an M10 Nylon Locknut (62). **Do not overtighten the Locknut; the Backrest Frames must be able to pivot easily.**

Insert a Short Pin (32) through the Bench Frame (1) and the Adjustment Bracket (9). Attach the Short Pin to the Bench Frame with an M4 x 10mm Screw (42).

Tighten the four M8 Nylon Locknuts (58) used in step 6 and the four M6 x 38mm Screws (51) used in step 7.

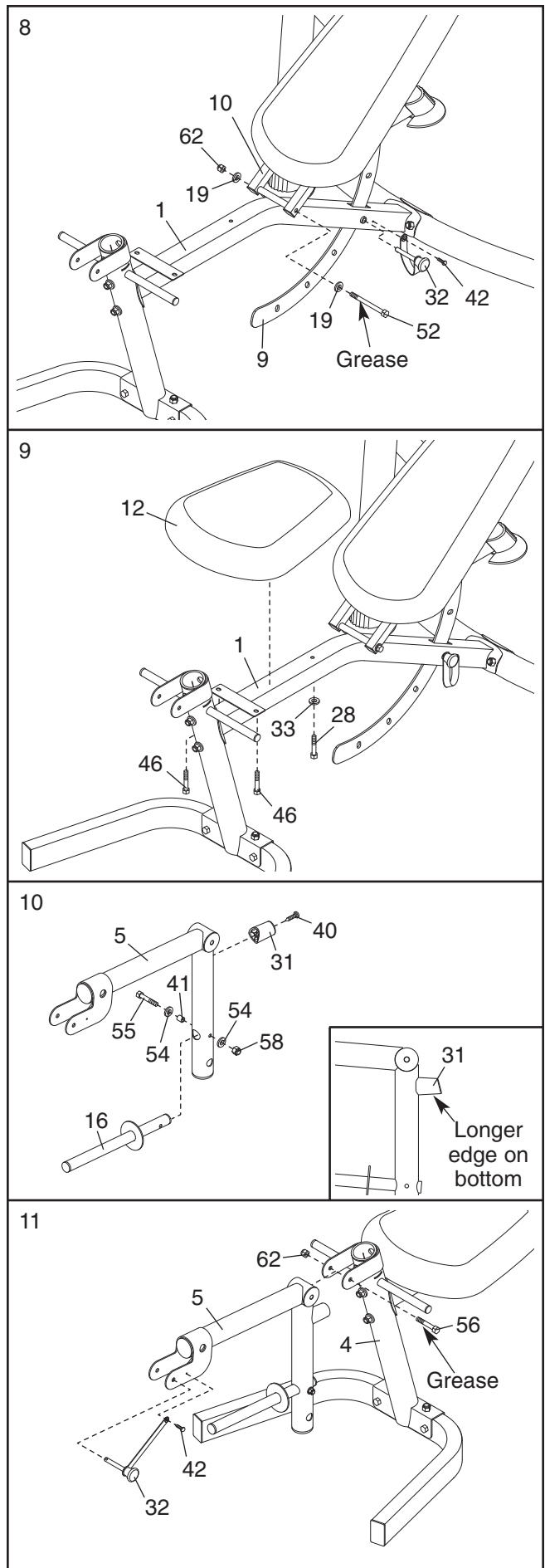
- Attach the Seat (12) to the Bench Frame (1) with two M6 x 16mm Screws (46), an M6 x 63mm Screw (28), and an M6 Washer (33).

- Attach the Leg Lever Bumper (31) to the Leg Lever (5) with an M4 x 16mm Screw (40). **Make sure the Bumper is attached as shown in the inset drawing.**

Attach the Weight Tube (16) to the Leg Lever (5) with an M8 x 64mm Button Bolt (55), two M8 Curved Washers (54), a 14mm Spacer (41), and an M8 Nylon Locknut (58).

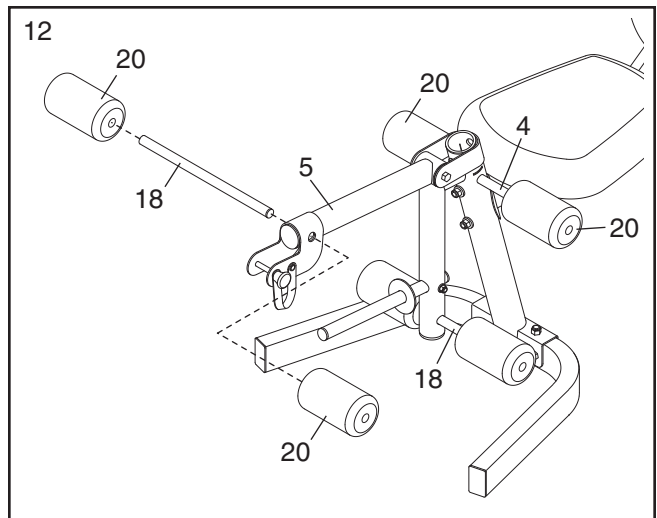
- Grease an M10 x 82mm Button Bolt (56). Attach the Leg Lever (5) to the Front Leg (4) with the Bolt and an M10 Nylon Locknut (62). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

Insert a Short Pin (32) into the Leg Lever (5). Attach the Short Pin to the Leg Lever with an M4 x 10mm Screw (42).



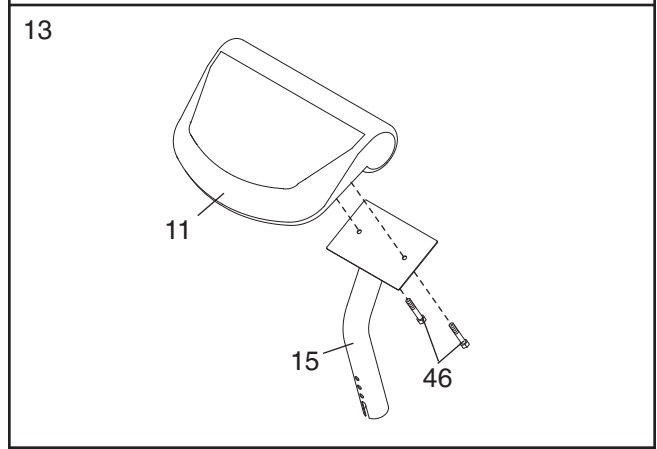
12. Insert a Pad Tube (18) into the Leg Lever (5). Slide two Pads (20) onto the Pad Tube. **Repeat with the other Pad Tube.**

Slide two Pads (20) onto the Front Leg (4).



13. Attach the Curl Pad (11) to the Curl Post (15) with two M6 x 16mm Screws (46).

14. Make sure all parts are properly tightened before using the weight bench. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the next page.



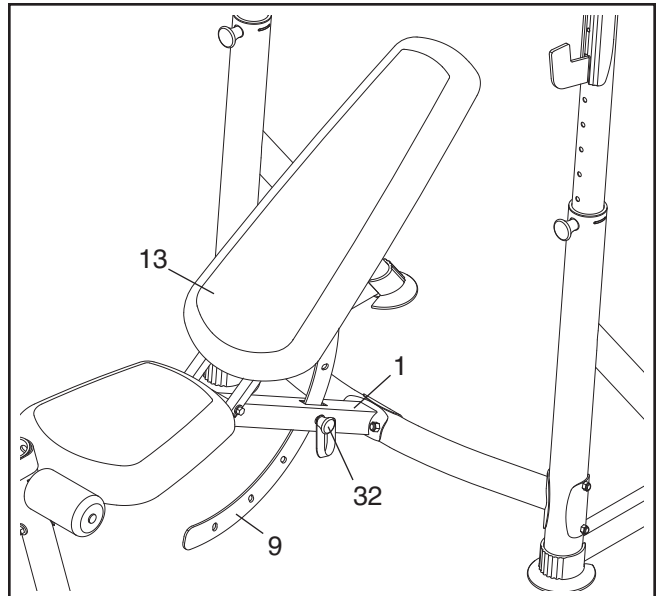
ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 12 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

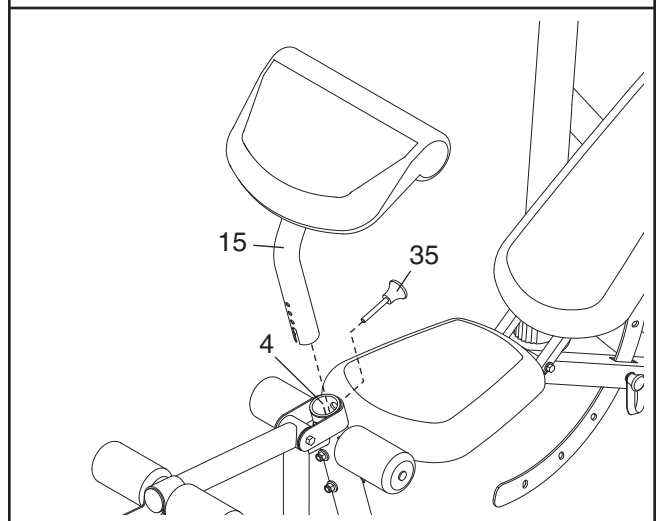
ADJUSTING THE BACKREST

To adjust the position of the Backrest (13), hold the upper end of the Backrest with one hand and pull the Short Pin (32) out. Raise or lower the Backrest to the desired position. Engage the Short Pin into the Bench Frame (1) and an adjustment hole in the Adjustment Bracket (9).



ATTACHING THE CURL PAD

Secure the Curl Post (15) inside the Front Leg (4) with the Curl Knob (35). **Make sure the Curl Knob is fully tightened.**

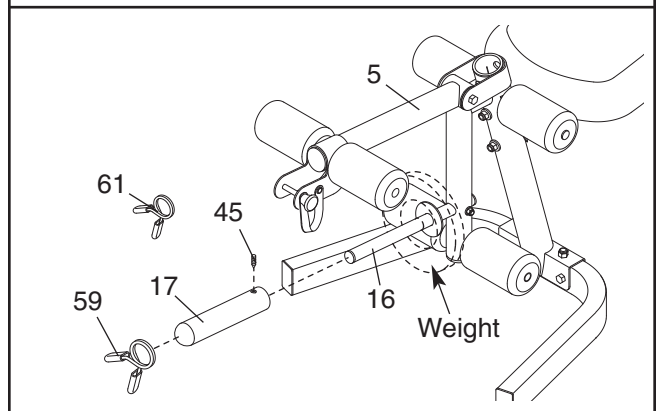


ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (5), secure the desired weights (not included) onto the Weight Tube (16) with the 1" Weight Clip (61).

To use Olympic weights, first secure an Olympic Adapter (17) onto the Weight Tube (16) with a 1/4" x 10mm Set Screw (45). Then, secure the weights with the 48mm Weight Clip (59).

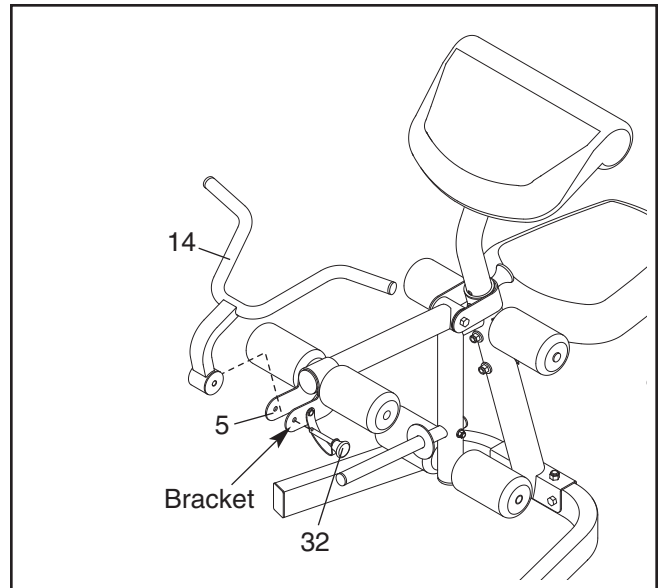
Weights can be stored on the weight tubes on the Uprights (6 and 7 [not shown]) when not in use. To store Olympic weights, first secure Olympic Adapters (17) onto the weight tubes with 1/4" x 10mm Set Screws (45).



⚠ WARNING: Do not place more than 130 pounds on the Weight Tube (16).

ATTACHING THE CURL BAR

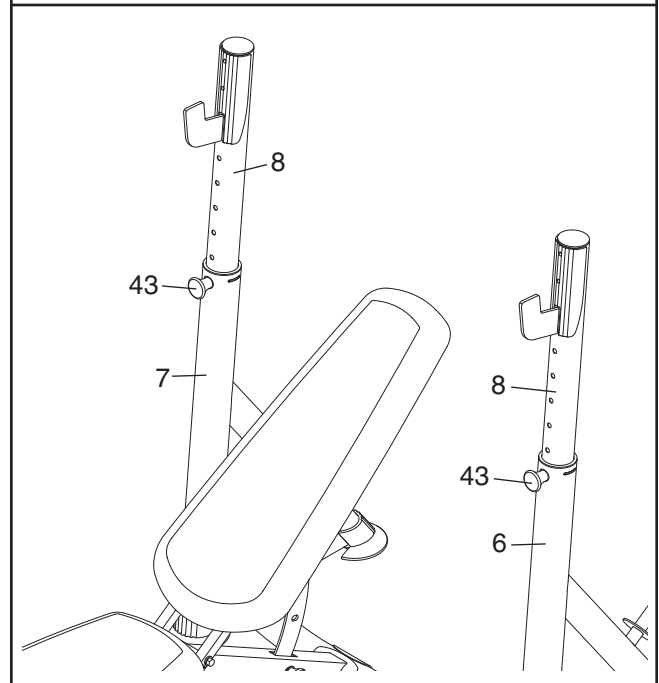
Pull the indicated Short Pin (32) out of the Leg Lever (5). Hold the Curl Bar (14) inside the Leg Lever bracket, and insert the Short Pin through the Leg Lever and the Curl Bar.



ADJUSTING THE WEIGHT RESTS

To change the height of a Weight Rest (8), first remove the Upright Pin (43) from the Upright (6 or 7). Then, hold the Weight Rest at the desired height. Finally, fully tighten the Upright Pin into the Upright and the Weight Rest.

⚠ WARNING: Always set both Weight Rests (8) at the same height.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding an exercise bike or an elliptical exerciser, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

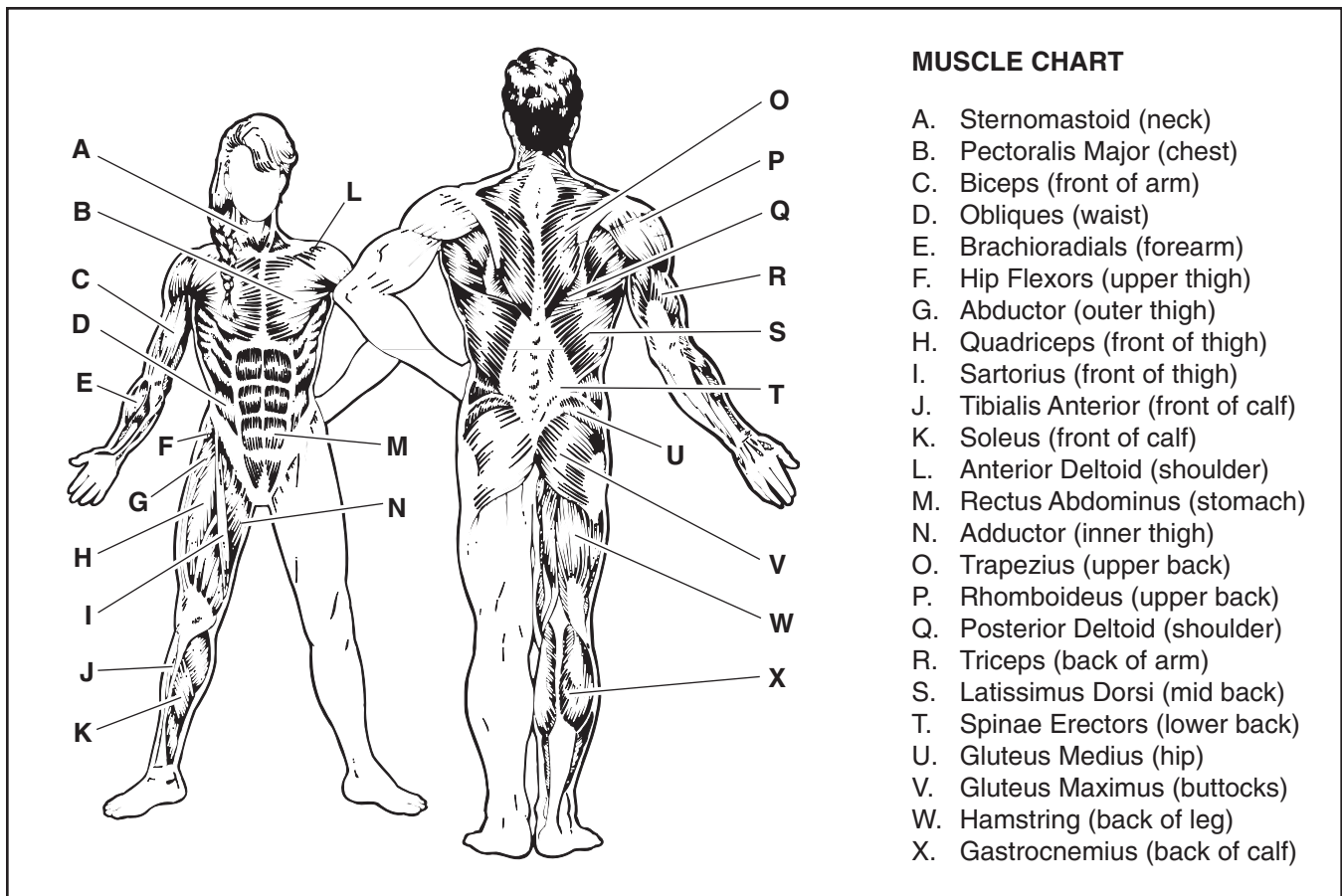
COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on pages 14 and 15 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY **AEROBIC EXERCISE**
 Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY **AEROBIC EXERCISE**
 Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

Make photocopies of this page for scheduling and recording your workouts.

MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

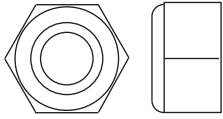
Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

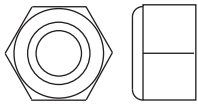
Make photocopies of this page for scheduling and recording your workouts.

PART IDENTIFICATION CHART

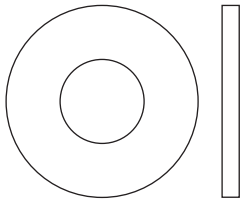
See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



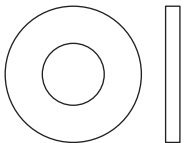
M10 Nylon Locknut (62)



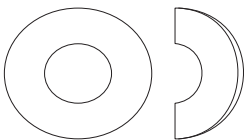
M8 Nylon Locknut (58)



M10 Washer (19)



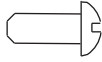
M8 Washer (53)



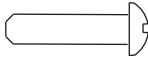
M8 Curved Washer (54)



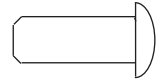
M6 Washer (33)



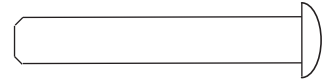
M4 x 10mm Screw (42)



M4 x 16mm Screw (40)



M6 x 16mm Screw (46)



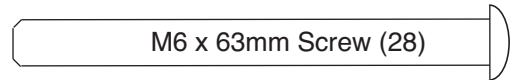
M6 x 38mm Screw (51)



M8 x 42mm Button Bolt (50)



M8 x 55mm Button Bolt (48)



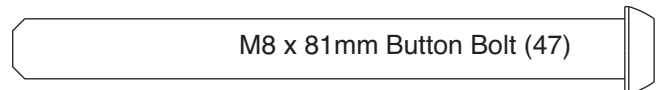
M6 x 63mm Screw (28)



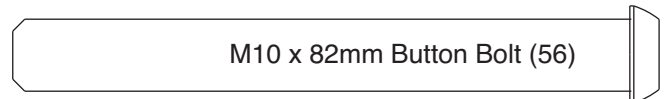
M8 x 64mm Button Bolt (55)



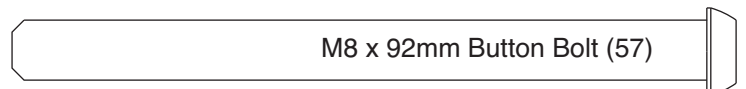
M8 x 72mm Carriage Bolt (49)



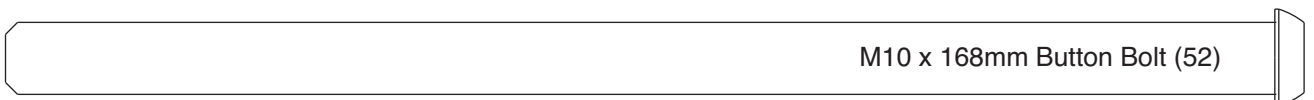
M8 x 81mm Button Bolt (47)



M10 x 82mm Button Bolt (56)



M8 x 92mm Button Bolt (57)



M10 x 168mm Button Bolt (52)

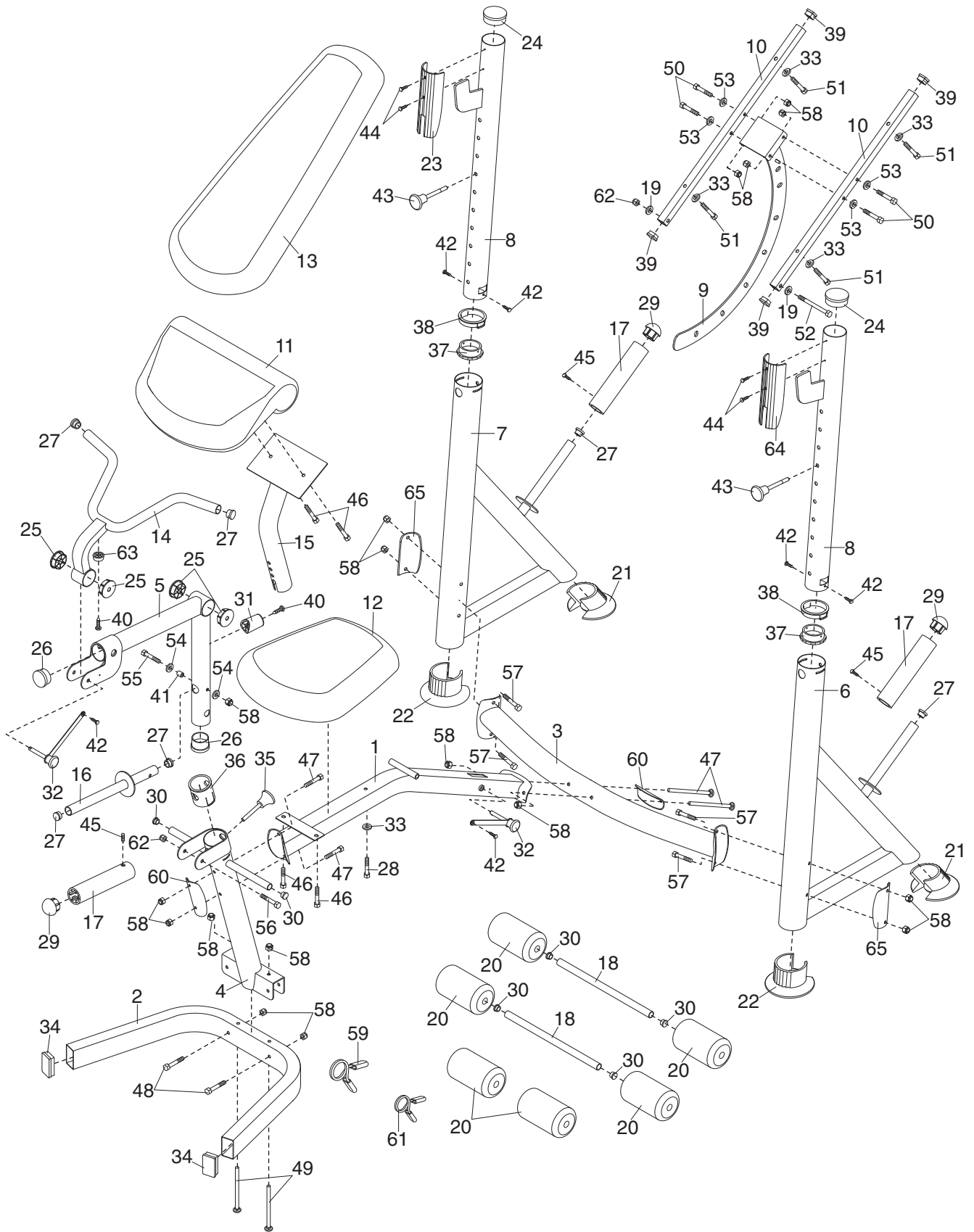
PART LIST—Model No. GGBE19640

R0105A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	35	1	Curl Knob
2	1	Base	36	1	Bushing
3	1	Crossbar	37	2	63mm Thick Round Endcap
4	1	Front Leg	38	2	Upright Bushing
5	1	Leg Lever	39	4	25mm Square Endcap
6	1	Left Upright	40	2	M4 x 16mm Screw
7	1	Right Upright	41	1	14mm Spacer
8	2	Weight Rest	42	6	M4 x 10mm Screw
9	1	Adjustment Bracket	43	2	Upright Pin
10	2	Backrest Frame	44	4	M4 x 16mm Round Head Screw
11	1	Curl Pad	45	3	1/4" x 10mm Set Screw
12	1	Seat	46	4	M6 x 16mm Screw
13	1	Backrest	47	4	M8 x 81mm Button Bolt
14	1	Curl Bar	48	2	M8 x 55mm Button Bolt
15	1	Curl Post	49	2	M8 x 72mm Carriage Bolt
16	1	Weight Tube	50	4	M8 x 42mm Button Bolt
17	3	Olympic Adapter	51	4	M6 x 38mm Screw
18	2	Pad Tube	52	1	M10 x 168mm Button Bolt
19	2	M10 Washer	53	4	M8 Washer
20	6	Pad	54	2	M8 Curved Washer
21	2	Rear Base Cap	55	1	M8 x 64mm Button Bolt
22	2	Front Base Cap	56	1	M10 x 82mm Button Bolt
23	1	Right Strike Plate	57	4	M8 x 92mm Button Bolt
24	2	63mm Round Endcap	58	17	M8 Nylon Locknut
25	4	Leg Lever Bushing	59	1	48mm Weight Clip
26	2	51mm Round Endcap	60	2	Support Plate
27	6	25mm Round Endcap	61	1	1" Weight Clip
28	1	M6 x 63mm Screw	62	2	M10 Nylon Locknut
29	3	48mm Dome Endcap	63	1	Curl Bar Bumper
30	6	19mm Round Endcap	64	1	Left Strike Plate
31	1	Leg Lever Bumper	65	2	Long Support Plate
32	2	Short Pin	#	1	User's Manual
33	5	M6 Washer	#	1	Exercise Guide
34	2	38mm x 64mm Endcap	#	3	Hex Key

EXPLODED DRAWING—Model No. GGBE19640

R0105A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-877-776-4777, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (GGBE19640)
2. The NAME of the product (GOLD'S GYM POWER SERIES GB 1500 weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING at the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813